



CITY OF FALLS CHURCH

TEEN EXCURSION

February 2010

Dear Parents/Guardians and Teen Excursion Participants,

Welcome to Excursion Camp! We are looking forward to a great week. To ensure a fun and successful week, you should remember a few things.

All activities are outside, so sunscreen is extremely important. In an effort to maintain your child's safety, please remember to apply sun block and insect repellent to your child on a daily basis. The West Nile Virus is a threat and a danger to all campers participating in outdoor activities. Campers should bring insect repellent and sun block to camp daily with their names on each item. Please wear tennis shoes and bring a change of cloths. Due to the nature of the camp, your cloths will get dirty. You will also need a packed lunch, snack and a water bottle. No refrigeration is available.

On Fridays, the camp will travel to Six Flags or Kings Dominion. Therefore, the camp will depart the Falls Church Community center at 9am and return at 9pm. The park prohibits packed lunches onto their grounds. We will provide one meal voucher for that day. We recommend that your child have at least \$20.00 to cover additional drink and food purchases throughout the day.

Every effort has been made to plan activities that fit into the schedule listed on the following page. However, when participating in outside activities, events may occur beyond our control, such as the speed in which the river takes rafters down the river, weather and traffic. If such events occur, there is a possibility that your child may arrive after 5:00 p.m. to the Community Center. In this case, the counselors will contact the Community Center, and we in turn will contact all of you at your home phone number. If you are concerned about your child's arrival time, please feel free to contact the Community Center at (703) 248-5077 to see if the camp has returned. Please note the counselors make every effort to have your child back to the Community Center on time and to communicate with the Community Center when they are delayed.

If you have any questions, please do not hesitate to contact me at (703) 248-5307. We hope you will enjoy the various activities we have planned for your child.

Sincerely,

Amy Maltese

Recreation Specialist

Falls Church Community Center • 223 Little Falls Street • Falls Church, Virginia 22046

703-248-5077 • 703-536-8150 FAX • www.fallschurchva.gov

Teen Excursion Camp

July 26-30, 2010

383201-F

1 Bus

25 Campers

July 26	Monday	Sailing & Kayaking	9am-5pm
July 27	Tuesday	Fishing	9am-5pm
July 28	Wednesday	Tubing	9am-5pm
July 29	Thursday	Day Quest	9am-5pm
July 30	Friday	Six Flags	9am-9pm

Items to bring on trips:

Sailing & Kayaking- Dress for the weather conditions. Wear light color clothes and a hat or visor. Good sunglasses with straps and sunscreen are also important. While nonskid boat shoes are best, any rubber soled shoe (tennis shoes) will provide safe footing. Sandals and flip flops do not provide foot protection.

Fishing- Campers should wear shorts, t-shirts, bathing suits, etc, plus river shoes like Keens, Tevas, or even old tennis shoes. They must be something that will not come off in the water. Flip flops or crocs are no good. This is a really important element as it is dangerous and difficult to wade/fish without the proper shoes.

Tubing- Swimsuit, towel, either sandals that are strapped on or old sneakers. NO FLIP FLOPS PLEASE. Campers may want to bring a waterproof camera.

Day Quest- Tennis shoes, insect repellent, and clothes that can get dirty.

Six Flags- Watch, sunscreen, and tennis shoes. Swim suit, towel and change of cloths are options should your camper choose to get wet. Campers with permission are allowed to divide into groups of four or more after entering the park. Mandatory group check-ins are required throughout the day. Lunch is included.

*NOTE: Each day the campers should be dressed to be outside all day, have **sunscreen, raingear, insect repellent** and a **bag lunch** (no bagged lunch Friday). For water activities, campers will need to wear cloths that can get wet. Please bring a **change of clothes** every day. NO SANDALS are permitted during any of our programs. Activities may be substituted in the event of inclement weather. All campers are required to complete all release forms.

Please return all waivers the first day of camp

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